

13

# REPORT

ON THE

# ROYAL LUNATIC ASYLUM

OF

MONTROSE,



FOR

1866

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INSTITUTED 1782.

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MONTROSE:  
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1866.



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# LIST OF DIRECTORS.

JUNE 1866.

- The PROVOST and ELDEST BAILIE of MONTROSE.  
The FIRST and SECOND MINISTERS of the Parish of Montrose.
- 5 PATRICK ARKLEY, Esq. of Dunninald.  
W. MACDONALD MACDONALD, Esq. of Rossie.  
The Right Hon. the EARL of SOUTHESK.  
Sir JAMES CAMPBELL of Stracathro.  
ALEXANDER PORTEOUS, Esq. of Lauriston.
- 10 THOMAS RENNY TAILYOUR, Esq. of Borrowfield.  
JOHN DUNCAN, Esq. of Sunnyside and Parkhill.  
DAVID LYALL, Esq. of Gallery.  
THOMAS MACPHERSON GRANT, Esq. of Craigo.  
HERCULES SCOTT, Esq. of Brotherton.
- 15 JAMES FITZMAURICE SCOTT, Esq. of Commieston.  
The Rev. ROBERT MITCHELL, Minister, Craig.
- |    |   |                   |     |                            |
|----|---|-------------------|-----|----------------------------|
|    | „ | THOMAS MACINTOSH, | do. | St. Cyrus.                 |
|    | „ | JAMES HAY,        | do. | Lunan.                     |
|    | „ | WILLIAM REID,     | do. | Maryton.                   |
| 20 | „ | ARCH. BUCHANAN,   | do. | Ilogie Pert.               |
|    | „ | WILLIAM NIXON,    | do. | Free St. John's, Montrose. |
|    | „ | PATRICK CUSHNIE,  | do. | St. Mary's Chapel, do.     |
|    | „ | JOHN LISTER,      | do. | Free St. George's, do.     |
|    | „ | WILLIAM ANDERSON, | do. | Melville Church, do.       |
| 25 | „ | JOHN WOODWARD,    | do. | St. Mary's Chapel, do.     |
|    | „ | JOSHUA R. JAGOE,  | do. | St. Peter's, do.           |
- Messrs. WILLIAM JAMESON, Montrose.  
ARCHIBALD FOOTE, do.
- Captain ARCHD. MACNEILL, do.
- 30 Messrs. ROBERT BURNES, do.  
DAVID MACKIE, do.  
DAVID WALKER, do.  
THOMAS BARCLAY, do.  
ROBERT WALKER, do.
- 35 JAMES M. PATON, do.  
FRANCIS B. PATON, do.  
ROBERT SMART, do.  
THOMAS NAPIER, do.  
C. H. MILLAR, do.
- 40 DAVID MITCHELL, do.  
CHARLES BIRNIE, do.  
FRANCIS ABERDEIN, do.  
ROBERT COOKE, do.  
JOHN GUTHRIE, do.
- 45 JAMES SAVEGE, do.  
GEORGE C. MYERS, do.  
THOMAS B. PATON, do.  
ROBERT HECTOR, do.  
EDWARD MILLAR, do.
- 50 ROBERT BARCLAY, do.

ANNUAL GENERAL MEETING,.....2nd TUESDAY OF JUNE.

MONTHLY MEETING,.....1st TUESDAY OF EACH MONTH.

AT TWELVE O'CLOCK NOON.

## House Committee of Asylum.

MESSRS DAVID MACKIE.

„ DAVID WALKER.

„ JOHN GUTHRIE.

„ FRANCIS B. PATON.

„ ROBERT HECTOR.

MR. WALKER, *Convener.*

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## List of Asylum Officers.

JAMES C. HOWDEN, M.D.,..... *Medical Superintendent.*  
ADAM ADDISON, L.R.C.P. & S., .... *Resident Medical Officer.*  
DAVID JOHNSTON, M.D., ..... *Consulting Physician.*  
REV. WILLIAM MORTIMER, M.A., .. *Chaplain.*  
JAMES NIDDRIE, ..... *Steward.*  
MRS. WRIGHT, : ..... *Housekeeper.*  
MISS BURNES, ..... *Head Female Attendant.*  
MISS ROBERTS, ..... *Matron of Old House.*  
DAVID PICKIEMAN, ..... *Head Male Attendant.*

GEORGE C. CHALMERS, BANKER,

*Treasurer.*

ADAM BURNES,

*Secretary.*

# BALANCE ACCOUNT

## OF THE

### MONTROSE ROYAL LUNATIC ASYLUM.

<i>Drs.</i>									
Seats in Parish Church, ...	...	...	...	...	...	£29	10	0	
Outstanding Boards, ...	...	...	...	...	...	224	7	9	
Old Asylum Buildings and Furniture, ...	...	...	...	...	...	2390	15	7	
New Asylum, Sunnyside, ...	...	...	...	...	...	27,861	15	6	
Do. Furniture, Account, ...	...	...	...	...	...	2558	15	0	
Carriages and Horses, ...	...	...	...	...	...	62	8	0	
Superintendent's House, ...	...	...	...	...	...	1218	19	0	
The Brechin Gas Company, ...	...	...	...	...	...	160	0	0	
Household Expenses for Stock on hand, ...	...	...	...	...	...	529	4	1	
Clothing Do., ...	...	...	...	...	...	314	13	4	
Farm Account for Stock, ...	...	...	...	...	...	470	16	10	
Balance of Cash, ...	...	...	...	...	...	10	2	7	
						<hr style="width: 100%; border: none; border-top: 1px solid black; margin-bottom: 2px;"/> £35,831			

<i>Crs.</i>									
Sundry Bond Holders, ...	...	...	...	...	...	£12,400	0	0	
The National Bank of Scotland, ...	...	...	...	...	...	7133	0	0	
Patients' Work and Recreation Fund, ...	...	...	...	...	...	220	0	0	
Stock, ...	...	...	...	...	...	15,604	7	4	
Sinking Fund, ...	...	...	...	...	...	473	19	10	
						<hr style="width: 100%; border: none; border-top: 1px solid black; margin-bottom: 2px;"/> £35,831			

### ASYLUM.

REVENUE, ...	...	...	...	...	...	...	...	£9696	10	9
EXPENDITURE, ...	...	...	...	...	...	...	...	9222	10	11
									<hr style="width: 100%; border: none; border-top: 1px solid black; margin-bottom: 2px;"/>	
Balance, Surplus, ...	...	...	...	...	...	...	...	£473	19	10



# REPORT OF THE HOUSE COMMITTEE OF THE ASYLUM.

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THE Committee have again to record a decrease in the number of patients since last year, owing to the opening of new Asylums. The number was then 421, and it is now 393 only, of which 357 are at Sunnyside, and 36 in Montrose. On the opening of the Fifeshire District Asylum—which it is understood will take place next month—the number will be still farther reduced by the withdrawal from the Asylum of all the pauper patients belonging to that locality; and as the Sunnyside Asylum will then be equal to the accommodation of all the remaining patients, the whole will be transferred there, and the Old Asylum finally closed. The Committee do not anticipate any immediate farther loss of patients from the opening of other new Asylums.

As authorized by the Managers, the Committee in December last entered into an agreement with the District Board of Caithness-shire for the reception and maintenance of all the pauper lunatics of that county for the term of three years, certain and afterwards, to continue until six months' notice be given on either side.

No work deserving of special notice has been undertaken during the year just elapsed, but a variety of alterations and improvements have been carried out by patients' labour in the Grounds and on the Farm, by which the productiveness of the latter has been considerably increased. The Committee are glad to say the live stock on the Farm has hitherto entirely escaped the ravages of Rinderpest; but from the impolicy of making any changes in the cows during the prevalence of the disorder, the supply of milk has been less regular than last year, and the quantity for this year less on the whole by about one-tenth part, with corresponding loss to the establishment. At present a very full supply of milk is being received.

The Committee have during the year continued their weekly visits to Sunnyside, and they have to express their approval of the management, and their satisfaction with the staff and officers generally. The House has been maintained in excellent condition, and the minutes of official inspection are in all respects confirmatory of the opinion of the Committee.

The Committee beg to return their grateful thanks for the following entertainments kindly given in the Asylum, viz.:—Concerts by the Militia Band, the Harmonic Union, the Lyric Union, and the Old Church Choir; Lectures by Mr. George Burrell, Mr. Alex. Monfries, Rev. Mr. Craig, and Dr. Lawrence. They have also specially to thank various benevolent ladies for contributions to the Amusement Fund, and for repeated acts of kindness shown to the patients.

(Signed)                      DAVID WALKER, *Convener*.

# MEDICAL SUPERINTENDENT'S REPORT

FOR THE YEAR 1865-66.

ON 31st May, 1865, there were in the Asylum 421 patients, while 4 who remained on the register were out on trial. Since that date there have been admitted—of new cases 66 ; and of relapsed cases 16 ; the number of each sex being the same, viz., 41 men and 41 women.

The total number under treatment during the year was 507 ; in the proportion of 224 men and 283 women.

*Table I.—Shewing the Admissions, Re-admissions, Discharges, and Deaths during the Year 1865-66.*

	Males.			Females.			Total.
In Asylum at 31st May, 1865,	.	.	.	180	...	241	421
On Trial,	.	.	.	3	...	1	4
Admitted for the first time during the year,	M.	F.	T.				
	37	29	66				
Re-admitted during the year,	4	12	16				
Total admitted,	.	.	.	41	...	41	82
Total under treatment during the year,	.	.	.	224	...	283	507
Discharged and Died—							
Recovered,	16	15	31				
Improved,	1	6	7				
Uncured,	8	28	36				
Died,	12	25	37				
	—	—	—	37	...	74	111
Total remaining on 31st May, 1866,	.	.	.	187	...	209	396
Of whom are in the New Asylum,	.	.	.	184	...	174	358
Old Asylum,	.	.	.	1	...	33	34
On Trial,	.	.	.	2	...	2	4

The average number daily resident was 396.98. The highest monthly average was in April, viz., 403.9 ; the lowest in November, 388.51 ; and the average for May, 1866, is only one below the average for June, 1865. From these figures it is apparent that, notwithstanding the removal of so many uncured patients, the population has not varied much in number during the year.



*Table II.—Shewing Daily Average number Resident, for each Month and for the Year.*

			Males.		Females.		Total.
June,	1865	...	167.966	...	233.933	...	401.899
July,	„	...	171.741	...	227.322	...	399.063
August,	„	...	174.161	...	227.238	...	401.399
September,	„	...	174.466	...	219.389	...	393.855
October,	„	...	174.741	..	213.932	...	388.673
November,	„	...	175.866	..	212.645	...	388.511
December,	„	...	179.356	...	212.064	...	391.420
January,	1866	...	186.838	...	212.548	...	399.386
February,	„	...	187.107	...	210.214	...	397.321
March,	„	...	186.387	...	211.258	...	397.645
April,	„	...	185.366	...	218.533	...	403.899
May,	„	...	187.353	...	213.387	...	400.740
For the whole year, ...			179.279	...	217.705	..	396.984

The total number removed from the register during the year was 111, viz., 31 as recovered, 7 as improved, 36 as uncured, and 37 as dead.

The recoveries are in the ratio of 38 per cent. to the admissions, and the deaths as 9 per cent. to the daily average resident throughout the year. A curious anomaly occurs this year in the respective mortality of the men and women. As a rule, a much larger proportion of male lunatics die than female, owing mainly to the greater frequency of brain disease among the men. This year, however, we find that only 12 men died to 25 women, and that to the average population the mortality among the men was 6.7 per cent., and among the women 11 per cent. A still more curious fact is observed when we consider the *causes* of death; for while 6 men die from cerebral disease, 11 women die from the same cause.

The number of inmates on 31st May was 396, being 25 fewer than at the corresponding date last year. There are now only 34 patients in the Old Asylum, and when the Fife District Asylum is opened in July the Directors will be enabled to close this establishment, which has served as a public Hospital for the treatment of the insane during the long period of 85 years.

I was anxious to present to you, on the present occasion, a summary of the statistics of the Institution during that period; but, from the imperfect nature of the registers, I have been but partially successful. Table III. shows the number of admissions, discharges, and deaths from 1781 to 1st June, 1857; table IV. from that date to 1st June, 1866. The first of these tables is unfortunately very imperfect, and I have been unable to specify the respective numbers of each sex, and indeed even to get the total numbers to tally.

As near as I can ascertain, however, during the first period of 76 years, there were admitted and re-admitted 1,636 persons, of whom 647 were discharged recovered, 208 as not recovered, 467 died, and 250 remained at 1st June, 1857. The recoveries are in the ratio of



39 per cent. to the admissions. I have no means of ascertaining the mortality on the daily average of residents, but on the total number admitted it is as 28 per cent.

*Table III.—Shewing Admissions, Re-admissions, Discharges, and Deaths from opening of Asylum in June, 1781, to 1st June, 1857.*

	Males.		Females.		Total.
Persons admitted during 76 years, .....	...	...	...	...	1636
Discharged or Removed, M. F. T.					
Recovered,.....	...	...	...	...	647
Not Recovered,... ..	...	...	...	...	206
Died,.....	...	...	...	...	467
<hr/>					
Total Removed,.....	...	...	...	...	1320
Errors in Old Statistics,—					
Unaccounted for,.....	...	...	...	...	66
Remain on 31st May, 1857,.....	107	...	143	...	250

Table IV. again brings down the statistics with more certain data, from 1st June, 1857, to the present time. During these 9 years there have been under treatment 1,632 persons, only 4 fewer than there were during the previous 76 years. Of these 1,632—476 have recovered, 111 were discharged as relieved, 258 as not improved, 5 escaped, 386 died, and 396 remained at 31st May, 1866. The admissions were 1,382, of whom 592 were men and 790 women. The percentage of recoveries during this period is as 35 per cent. to the admissions. The percentage of deaths is as 23.7 per cent. to the total number treated, and in the proportion of an average of 10.5 per cent. on the annual averages.

*Table IV.—Shewing Admissions, Re-admissions, Discharges, and Deaths from 31st May, 1857, to 1st June, 1866.*

	Males.		Females.		Total.
Persons resident at 31st May, 1857, .....	107	...	143	...	250
Persons admitted from 31st May, 1857, to 31st May, 1866,.....	541	...	708	...	1249
Persons re-admitted between 31st May, 1857, and 31st May, 1866, .....	51	...	82	...	133
<hr/>					
Total cases under care during a period of 9 years, .....	699	...	933	..	1632
Discharged or Removed, M. F. T.					
Recovered,.....	191	...	285	...	476
Relieved, ... ..	46	...	65	...	111
Not improved, .....	110	...	148	...	258
Escaped, .....	5	..	—	...	5
Died, .....	170	...	216	...	386
<hr/>					
Total discharged and died during the 9 years	522	...	714	...	1236
Remaining 31st May, 1866,.....	187	..	209	..	396
Average numbers resident during the 9 years	172	...	233	...	405

177-214

It will be observed that the proportion of recoveries to the admissions was 4 per cent. higher during the first of these periods than it was during the second. There are several reasons for this:—1st. In the early years of the history of the Institution only recent and curable patients, or those who were dangerous, were received, owing to the very limited accommodation at the disposal of the Directors. 2nd. In some of the old registers many are entered as recovered who would now come under the category of relieved. 3rd. 114 of the admissions during the last 9 years were chronic cases transferred from other Asylums, in whom there was no chance of cure, while many others, though for the first time placed under Asylum treatment, were incurable cases sent from the Highlands and other remote districts by the Commissioners when they first entered on their duties. 4th. 146 patients more remained at the end of the second period than at the end of the first, and these would fall to be deducted before making a comparative average.

Taking the two periods together, we find that during the 85 years 3,018 persons were admitted: that of these, 1,123, or 37 per cent. recovered; 580, or 19 per cent. were removed unrecovered; 858, or 28 per cent. died; 66, or 2 per cent. are unaccounted for; and 396, or 28 per cent. remain under treatment.

Table V. shows the admissions, discharges, and deaths, with the mean annual mortality and proportion of recoveries per cent. of the admissions for each year since June 1857, and for the previous 76 years.

Table VI. shows the history of the annual admissions since 1st June 1857, with the discharges and deaths, and the numbers of each year remaining on 31st May 1866. The comparatively low per centage of those remaining shown in this table, is caused by great numbers of transfers which have taken place to the new District Asylums.

*Table V.—Shewing the Admissions, Discharges, and Deaths, with the mean Annual Mortality and proportion of Recoveries per cent. of the Admissions for each year since the opening of the Asylum.*

Year.	DISCHARGED.												Escap'd			Remaining.			Average num-ber Resident.			Per centage of Recoveries on Admissions.			Per centage of Deaths on aver-age number Resident.				
	Admitted.			Recovered.			Relieved.			Not improved																			
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total					
1781 to 1857	(a)	(a)	1636	(a)	(a)	647	(b)	(b)	(b)	(a)	(a)	206	(a)	(a)	467				107	143	250	(c)	(c)	(c)	39.5	(c)	(c)	121	8.6
1857-58	35	53	88	13	30	43	(b)	(b)	(b)	12	16	28	17	13	30	100	137	237	100	137	237	99	139	238	37.1	56.6	48.9	17.1	8.1
1858-59	43	55	98	12	18	30	(b)	(b)	(b)	2	10	12	9	13	22	120	151	271	108	144	252	108	144	252	27.9	32.7	30.6	8.3	9.1
1859-60	107	119	226	39	35	74	(b)	(b)	(b)	7	8	15	14	21	35	167	206	373	146	184	330	146	184	330	36.5	29.4	32.7	9.5	11.4
1860-61	85	134	219	31	40	71	10	11	21	10	2	12	21	32	53	179	255	434	181	233	414	181	233	414	36.4	29.8	32.4	11.6	13.4
1861-62	101	165	266	23	52	75	8	12	20	4	5	9	32	36	68	211	315	526	199	302	501	199	302	501	22.7	31.5	28.2	16.1	11.9
1862-63	77	79	156	21	35	56	13	11	24	7	12	19	24	31	55	225	297	522	216	313	529	216	313	529	27.2	44.3	35.8	11.1	9.9
1863-64	67	90	157	18	35	53	8	12	20	35	30	65	22	28	50	207	282	489	230	302	532	230	302	532	26.8	38.8	33.8	9.5	9.3
1864-65	36	54	90	18	25	43	6	13	19	20	42	62	19	17	36	180	241	421	191	266	457	191	266	457	50.0	46.3	47.7	9.9	6.4
1865-66	41	41	82	16	15	31	1	6	7	8	28	36	12	25	37	187	209	396	179	217	396	179	217	396	39.0	36.6	38.0	6.7	11.5
TOTAL	592	790	3018	191	285	1123	46	65	111	105	153	464	170	216	853	5	5	10	1549	2100	3649	1549	2100	3649	303.6	346.0	367.6	99.8	94.6

(a) Sexes not distinguished during the first 76 years.

(b) Previous to 1860-61 those discharged Relieved are included with the Not Improved being registered as Uncured.

(c) Average number Resident not ascertained previous to 1857-58.



Table VI.—Shewing the History of the Annual Admissions since 1st June, 1857, with the Discharges and Deaths, and the numbers of each year remaining on 31st May, 1866.

Admitted.			Of each year's Admissions, Discharged, and Died in 1865												Total Discharged and Died of each year's Admissions.												Escaped			Remaining of each year's Admissions		
Year	New Cases		Relapsed Cases		Recovered			Re- lieved			Not Improved			Died			Recovered			Relieved			Not Improved			Died						
	M	F	M	F	Total	M	F	Tl.	M	F	Tl.	M	F	Tl.	M	F	Tl.	M	F	Tl.	M	F	Tl.	M	F	Tl.	M	F	Tl.			
Previous to 31 May 1857	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—			
1857-58	32	50	3	3	88	1	0	1	0	0	0	2	3	5	10	17	27	5	5	10	4	3	7	10	20	30	6	8	14			
1858-59	36	43	7	12	98	0	0	0	0	0	1	2	3	3	14	21	35	3	3	6	2	4	6	15	19	34	1	8	16			
1859-60	105	118	2	1	226	0	0	0	0	1	1	0	3	3	43	46	89	11	11	22	12	17	29	18	31	49	1	22	36			
1860-61	81	121	4	13	219	0	0	0	1	0	1	0	4	4	23	49	72	8	9	17	14	25	39	24	33	57	1	15	33			
1861-62	90	154	11	11	266	0	0	0	0	0	1	5	6	6	34	55	89	5	20	25	14	34	48	22	35	57	26	21	47			
1862-63	70	73	7	6	156	1	0	1	0	0	1	2	3	3	15	25	40	6	11	17	12	11	23	13	12	25	2	29	49			
1863-64	56	78	11	12	157	0	3	3	0	2	2	1	3	4	18	24	42	7	7	14	16	18	34	13	16	29	13	25	38			
1864-65	33	41	3	13	90	7	5	12	0	1	1	6	7	7	12	17	29	1	1	2	5	9	14	4	5	9	14	29	36			
1865-66	38	30	3	11	82	7	7	14	0	2	2	3	1	4	6	6	12	0	2	2	3	1	4	2	2	4	30	30	60			
TOTAL	541	708	51	82	1382	16	15	31	1	6	7	8	28	36	175	260	435	46	69	115	82	122	204	121	173	294	5	162	329			

SUMMARY OF TOTAL ADMISSIONS 1857-66.					Male		Female		Total	
Per centage of cases Recovered,	..	..	..	..	29	56	32	91	31	48
Relieved,	..	..	..	..	7	77	8	74	8	32
Not improved,	..	..	..	..	13	85	15	44	21	28
Dead,	..	..	..	..	20	60	21	90	14	76
Remaining,	..	..	..	..	27	36	21	01	23	80
Escaped,	..	..	..	..	0	84	0	00	0	36

30.87 33.13 32.15-  
8.77 8.88 8.83  
17.16 17.16 17.16



These tables contain valuable information, and are adopted in accordance with the recommendations of the Committee of the Medico-Psychological Association on Asylum Statistics.

Table VII. shows the transfers which have taken place during the last nine years from other Asylums to that of Montrose, and from Montrose to other Asylums and Lunatic Wards of Poorhouses.

*Table VII.—Shewing the Transfers from and to other Asylums during the last Nine Years.*

		From other Asylums to Montrose.					From Montrose to other Asylums.		
		M.	F.	T.			M.	F.	T.
1857-58	...	2	0	2	...		0	0	0
1858-59	...	7	6	13	...		1	6	7
1859-60	..	10	11	24	...		4	3	7
1860-61	...	4	8	12	...		5	0	5
1861-62	...	11	10	21	...		0	1	1
1862-63	...	7	3	10	...		5	13	18
1863-64	...	5	13	18	...		31	29	60
1864-65	...	0	4	4	...		18	45	63
1865-66	...	5	5	10	..		6	26	32
Total,	...	54	60	114			70	123	193

Table VIII. shows the condition as to marriage of those admitted during the past year. 21 men and 21 women were single, 18 men and 11 women were married, and 2 men and 9 women were widowed.

*Table VIII.—Shewing the condition as to Marriage.*

	Males.		Females.		Total.
I. Single,...	21	...	21	...	42
II. Married, .....	18	...	11	...	29
III. Widowed, .....	2	...	9	...	11
	41		41		82

45 of the admissions were considered to be curable cases, and 37 incurable.

*Table IX.—Shewing the numbers Curable and Incurable of Patients admitted.*

	Males.		Females.		Total.
Curable, .....	20	...	25	...	45
Incurable, .....	21	...	16	...	37
	41		41		82

From Table X., which shows the counties from whence the patients were received, it will be observed that the number of admissions from

Forfarshire continues to decrease, in consequence of the superfluous accommodation for lunatics added to the Dundee Poorhouses.

*Table X.—Shewing Counties whence Patients have come.*

	Males.		Females.		Total.
Aberdeen, .....	1	...	0	...	1
Ayr, .....	1	...	0	...	1
Caithness, .....	4	...	5	...	9
Dumbarton, .....	2	...	0	...	2
Edinburgh, .....	2	...	2	...	4
Fife, .....	2	...	2	...	4
Forfar, .....	19	..	24	...	43
Haddington, .....	1	...	0	...	1
Kincardine, .....	6	...	6	...	12
Lanark, .....	1	...	0	...	1
Perth, .....	0	...	1	...	1
Shetland, .....	2	...	0	...	2
Stirling, .....	0	...	1	...	1
Total, .....	41		41		82

*Table XI.—Shewing the Ages of those Admitted and Dead.*

	ADMITTED.				DEAD.		
	M.	F.	Total.		M.	F.	Total.
Under 20 years, .....	5	3	8	...	1	0	1
From 20 to 30 years, .....	10	8	18	...	1	0	1
„ 30 to 40 „ .....	12	12	24	...	4	2	6
„ 40 to 50 „ .....	4	6	10	...	1	3	4
„ 50 to 60 „ .....	4	4	8	...	3	9	12
„ 60 to 70 „ .....	4	7	11	..	1	8	9
„ 70 to 80 „ .....	1	1	2	...	0	3	3
„ 80 to 90 „ .....	1	0	1	..	1	0	1
	41	41	82		12	25	37

The bodily condition of those admitted, and the diseases under which they laboured, are recorded in Table XII. 29 were in good condition, 31 fair, and 22 were feeble and emaciated, and 2 women were pregnant; 11 laboured under cerebral disease, 11 under thoracic disease, 1 under kidney disease, and 2 had cut throat.

*Table XII.—Shewing Bodily Condition and Diseases of those admitted.*

	Males.		Females.		Total.
Good, .....	16	...	13	...	29
Fair,.....	17	...	14	...	31
Feeble and Emaciated, .....	8	...	14	...	22
	—		—		—
	41		41		82
Pregnant,.....			2		
DISEASES.					
Paralysis,.....	1	...	1	...	2
General Paralysis, .....	2	...	2	...	4
Epilepsy, ... ..	3	...	0	..	3
Cerebral Disease, .....	1	...	1	...	2
Phthisis, .....	4	...	2	...	6
Pneumonia, .....	1	...	0	...	1
Cardiac Disease, .....	3	...	1	...	4
Albuminuria (in puerperal state),.....	0	...	1	...	1
Cut throat, .....	2	...	0	...	2
	—		—		—
	17		8		25

Of the 10 patients who were liberated on trial during the year, 3 recovered, 3 were re-admitted, and 4 are still on trial.

*Table XIII.—Shewing Discharges, on Trial, and Results, from 31st May, 1865, to 31st May, 1866.*

	Males.		Females.		Total.
Discharged on Trial, .....	5	..	5	...	10
Recovered, .....	2	...	1	...	3
Re-admitted, ... ..	1	...	2	...	3
Still on Trial, .....	2	...	2	...	4

The periods of residence of those recovered and dead are given in Table XIV., and the causes of death in XV.

*Table XIV.—Shewing the period of those Recovered and those Dead.*

		RECOVERED.			DEAD.		
		M.	F.	Total.	M.	F.	Total.
Under	4 weeks,.....	0	0	0	1	2	3
„	2 months, .....	3	2	5	0	0	0
„	4 „ .....	4	1	5	1	0	1
„	5 „ .....	0	1	1	0	0	0
„	6 „ .....	1	0	1	0	0	0
„	7 „ .....	0	1	1	0	0	0
„	8 „ .....	0	2	2	0	0	0
„	9 „ .....	1	4	5	0	0	0
„	12 „ .....	2	1	3	0	1	1
„	2 years, .....	3	1	4	1	5	6
„	3 „ .....	0	2	2	2	4	6
„	4 „ .....	1	0	1	2	1	3
„	5 „ .....	0	0	0	1	2	3
„	6 „ .....	0	0	0	1	2	3
„	7 „ .....	0	0	0	0	1	1
„	8 „ .....	0	0	0	1	2	3
„	9 „ .....	0	0	0	0	2	2
„	10 „ .....	1	0	1	0	0	0
„	14 „ .....	0	0	0	1	2	3
„	17 „ .....	0	0	0	1	0	1
„	29 „ .....	0	0	0	0	1	1
		16	15	31	12	25	37

Of the 37 who died, 17 died from cerebral or spine disease, 11 from thoracic diseases, and 5 from abdominal disease.

*Table XV.—Shewing the Causes of Death during the Year.*

	Males.	Females.	Total.
Cerebral and Spinal Disease,—			
Apoplexy, .....	0	2	2
Serous Apoplexy, .....	1	1	2
Paralysis (complicated with Diarrhœa),	0	4	4
General Paralysis,.....	1	1	2
Epilepsy (decay of),.....	1	0	1
„ (with Phthisis), .....	1	0	1
Cancer cerebri, .....	1	0	1
Cerebral Disease, .....	1	2	3
Mania (exhaustion),.....	0	1	1
Thoracic Disease,—			
Phthisis, .....	5	4	9
Pneumonia, .....	0	2	2
Abdominal Disease,—			
Peritonitis (due to ulceration of stomach),	1	0	1
Diarrhœa, .....	0	2	2
Dysentery,.....	0	2	2
Other Diseases,—			
Pyæmia, .....	0	1	1
Morbus Coxæ, .....	0	1	1
Fatty degeneration of heart, liver,			
and kidneys, .....	0	1	1
Old age,... ..	0	1	1
	12	25	37

*Post mortem* examinations were made in 33 instances.



One of the patients admitted was a young man labouring under acute mania dependant on pneumonia. The mania was very sudden in its invasion, and violent and transitory in its character, passing off with the cure of the lung disease. Where mania depends on the presence of acute—especially inflammatory—bodily disease, this is its common history, and were the accommodation sufficient and the attendants skilled in the management of such cases, they might often be treated at home.

The general ignorance which prevails as to the management of cases of violent insanity is often a cause of great suffering to the patient, and of unnecessary alarm and inconvenience to the public. I often receive an urgent request to send three or four strong attendants to remove a very violent patient to the Asylum. In reply to such demands, as a rule, I send one man (or woman if the patient be a female). The attendant arrives at the patient's house and finds the whole village in a hubbub, and half-a-dozen men struggling in vain to subdue the maniac's violence. He quietly walks up to the patient, leads him to the carriage, and without any struggling or violence brings him to the Asylum. The country people are of course amazed, and wonder how one ordinary mortal dares to shut himself up alone with a madman. Now, the attendant is no stronger than the country people; he carries no straight jacket, no handcuffs, or other talisman against violence. How is it then that the patient is subdued almost as soon as he gets charge of him? It is just because he knows how to deal with insane people, and these do not. He knows that in many, perhaps most, cases the madman is violent from terror, and that if he is opposed by violence his excitement and resistance will only be increased. He knows, moreover, that at the worst he has little to fear; for a maniac is seldom a strong man, or capable of continuous well-directed muscular efforts, and that the possession of reason and judgment give him an incalculable advantage. The exhibition of calm self-reliance and nerve on the part of his guardian inspires even the most violent patient with a sense of the propriety of submission to another will than his own, and he yields at once to his guidance, not from fear but from confidence.

In all cases where the inspectors or guardians have not experience and confidence in themselves, they should send to the Asylum for assistance when they wish patients transferred thither.

One of the cases of acute mania admitted this year was caused by the excitement brought on by lay preaching. Some years ago, during the so-called revival movement, this was a common cause of insanity, and the wards of the Asylum still contain some of its victims in a state of chronic mania.

In regard to treatment, I have little to add to what I have said in former reports. The wet sheet has been found a valuable auxiliary in cases of acute and recurrent mania, and in acute melancholia. In almost every case where it was used, at least great temporary relief was afforded, and in most sleep was induced for a longer or shorter

period. The general, or as it is termed, moral treatment, has been the same as in former years. Every effort has been made to engage the inmates in physical labour, and the number thus occupied is generally about 130 men and 140 women, of whom upwards of 100 are at work on the farm or garden. The beneficial effects of work has been strikingly exemplified in many instances, but in none more decidedly than in those dangerous chronic cases characterised by impulsive violence so familiar to every one conversant with the insane, and so much dreaded by the attendants and patients in Asylum wards. Suddenly, and without pretext, warning, or apparent object, these patients will make a violent attack on whoever is within their reach, and to them is mainly due the minor accidents, such as black eyes, &c., which figure in Asylum registers. At first sight it might seem imprudent to entrust such persons with tools which could be easily used as lethal weapons, but in my experience they never use them as such; not only so, these patients generally turn out to be among the steadiest and best workers. The paroxysms of violence never occur when they are at work, but only when they are idle, as on Sundays, wet days, and such occasions when they are necessarily confined to the house in a state of inaction.

When the weather is suitable, all the patients, who are not physically disabled, take exercise in the general pleasure grounds of the Asylum; and were the walks in the general grounds completed, the airing courts might almost be dispensed with.

During my connection with the Institution, mechanical restraint has never been employed, save in three or four instances, to allow the healing of surgical wounds. No occasion has been found for its employment even in these cases for upwards of three years.

The use of seclusion has been altogether abandoned now for a period of three years, and in my belief with satisfactory results. During that time 757 cases have been under treatment, and in not one instance do I consider that the patient would have benefited by seclusion.

During the past year a medico-meteorological register has been kept, in which daily entries have been made of the state of the barometer, thermometer, hygrometer, wind and rain gauge, &c., as also of the occurrence of cases of disease and death in the Asylum, and of epileptic seizures. The period over which the register extends is much too short to justify any generalisations from it, and happily it does not record anything worthy the name of an epidemic. As far as seizures of illness may be taken as an index, June and July were the healthiest months, and October, November, and December the most unhealthy. During the night between the 5th and 6th December, 60 persons were seized with colic and purging. The sudden and similar nature of these cases, and the rapidity with which they all recovered, led to the suspicion of food-poisoning; but after going over carefully every item of diet with Dr. Johnston and Dr. Addison, the conclusion arrived at was, that the only article which had been partaken of by all



those affected, was water. Sewage distribution was also thought of as a probable cause: but here again we were baffled, for at that time the sewage was being applied to a grass park at a distant part of the farm, and at the point of the compass exactly opposite to that from which the wind had blown for four days previously. Two days after the first outbreak eight other persons were seized, but these (as did the first 60) got quite well in a few hours without any treatment. One severe case of enteric fever occurred on the female side, and terminated in recovery. Provision is now being made for a small detached ward, where contagious diseases may be treated altogether apart from the General Hospital.

A fire brigade has been instituted, consisting of six of the attendants and artisans, with a few trustworthy patients; and at the periodic drills each man is trained in some particular duty. In the event of a fire, it is arranged that each man shall immediately proceed to his post as a fireman, and that he is there and then released of all responsibility of charge of the patients.

A plan is being carried out for ventilating the sewage drains and cesspools through the engine chimney-stalk, which it is thought will improve the sanitary condition of the house.

The means of instruction and amusement in use during the year have been lectures, readings, classes for reading, writing, ciphering, Bible instruction, singing and dancing, military drill, weekly dances, concerts and dramatic entertainments, pic-nics, croquet, cricket, and other out-door games, &c. A new bowling green has been made, and a curling pond is in process of formation.

The only structural addition to the Institution which I would recommend to the notice of the Directors, is one which would not burden the revenue, and would prove of incalculable advantage in the working of the establishment: I refer to the erection of one or two additional cottages. The notorious scarcity of house accommodation in the village of Hillside, and Montrose, renders it a duty on the part of the Directors to make some provision for those servants who do not reside in the Asylum.

The only change in the staff I have to record is the recent appointment of Mr Jas. Watson, the Head-attendant, to be Superintendent of the Haddington District Asylum. Mr Watson has been Head-attendant for upwards of four years, and has proved an able and zealous officer.

The Chaplain has during the year conducted divine service regularly three times each Sabbath—once at the Old, and twice at the New Asylum.

During the year that has now closed no casualty has occurred, and the working of the establishment has been in all respects satisfactory. To a staff of tried officers and well-trained attendants, whose services I gratefully acknowledge, these results are due. I have, in conclusion, to record my thanks to the House Committee for the consideration and support they have always shown me in the discharge of my duties.

JAMES C. HOWDEN.

